

STAR-Caregivers (STAR-C)

Program Goal: Provides additional support for caregivers who provide care for individuals with Alzheimer's disease or dementia who have behaviors that are causing the caregiver stress. These behaviors include but are not limited to anxiousness, sadness/depression, social withdrawal or isolation, resistance to care, wandering, verbal or physical aggression.

Program Format: Is an in home education program consisting of four home visits with two intervening phone calls over six weeks, followed by four monthly telephone calls. This program is designed to help caregivers recognize behaviors that people with dementia often have and helps caregivers see that these activities do not occur "out of the blue" but are a result of specific causes and consequences. Provides caregivers with strategies to help decrease behaviors that they consider troublesome, and increase more pleasant times together.



"I'm now more equipped to communicate and assist my Dad in decreasing troublesome behaviors, we are definitely spending more quality time together."

Treatment components include:

1. General education about Alzheimer's Disease
2. Education about the link between mood and pleasant events/activities
3. Practice and coaching in using a systematic approach to identify and reduce behavior problems
4. Guidance around communication
5. Overall caregiver support

Program Development: The intervention was designed to decrease depression and anxiety in individuals with Alzheimer's disease (AD) and their family caregivers. STAR-C is one of the interventions that have been developed at the University of Washington by Dr. Teri and her research team to treat a variety of mood and behavioral disturbances in dementia.

Program Results: Studies show that participants experience positive results in several areas:

- 5% decrease in depression*
- 13% decrease in worry/ anxiety*
- Decreased perception of caregivers burden*

Program Alignment: Aligns with Results Washington Goal 4: Healthy & Safe Communities, Supported People, Quality of Life 3.2 to "Increase the percentage of long-term service and support clients served in home and community-based settings". Healthcare Authority's Common Measures: #24- Adult Mental Health Status and #55- Potentially Avoidable Use of Emergency Department.

Find out more: http://www.rosalynncarter.org/caregiver_intervention_database/dementia/star-c_intervention/

Key Words: Alzheimer's disease, dementia, behavior management, anxiety, depression, family caregivers